



METTA SUTTA

The Buddha's Teaching on Loving-Kindness

This is what should be done
by one who is skilled in goodness, and
who knows the path of peace:

Let them be able and upright,
straightforward and gentle in speech,
humble and not conceited, contented
and easily satisfied, unburdened with
duties and frugal in their ways.

Peaceful and calm, and wise and
skillful, not proud and demanding in
nature. Let them not do the slightest
thing that the wise would later
reprove.

Wishing:
In gladness and in safety,
may all beings be at ease!

Whatever living beings there may be;
whether they are weak or strong,
omitting none,
the great or the mighty, medium, short
or small,
the seen and the unseen, those living
near and far away, those born and to-
be-born,
May all beings be at ease!

Let none deceive another,
or despise any being in any state.

Let none through anger or ill-
will wish harm upon another.

Even as a mother protects with
her life her child, her only child,
so with a boundless heart should
one cherish all living beings:

Radiating kindness over the
entire world spreading upwards
to the skies, and downwards to
the depths; outwards and
unbounded, freed from hatred
and ill-will.

Whether standing or walking,
seated or lying down - free from
drowsiness, one should sustain
this recollection. This is said to
be the sublime abiding.

By not holding to wrong views,
the pure-hearted one, having
clarity of vision, being freed
from all sense desires, is not
born again into this world.

From the Dhammapada and Other Sayings of the Buddha

To avoid all evil,
To cultivate the good,
And to cleanse one's mind –
This is the teaching of the Buddhas.

The Thought manifests as the word;
The word manifests as the deed;
The deed develops into a habit;
And habit hardens into character;
So, watch the thought and its ways
with care,
And let it spring from love
Born out of concern for all beings...

As the shadow follows the body,
as we think, so we become.

We are what we think.
All that we are arises with our
thoughts.
With our thoughts we make the world.
Speak or act with a pure mind
And happiness will follow you
As your shadow, unshakable.

They tremble, they are unsteady,
They wander at their will.
It is good to control them,
And to master them brings happiness
Your worst enemy cannot harm you as
much as your own thoughts,
Unguarded.

But once mastered,
No one can help you as much,
Not even your father or your mother.

Hatreds never cease through hatred in
this world; through love alone they
cease.

This is an eternal law.
All tremble at violence;
All fear death.
Putting oneself in the place of another,
One should not kill
Nor cause another to kill.
See yourself in others.
Then whom can you hurt?
What harm can you do?

How easy it is to see your brother's
faults;
How hard to face your own.
You winnow his in the wind like chaff,
But yours you hide,
Like a cheat covering up an unlucky
throw.

To straighten the crooked
You must first do a harder thing –
Straighten yourself.

The wise man tells you
Where you have fallen
And where you may yet fall –
Invaluable secrets!
Follow him, follow the way.

You are a seeker.
Delight in the mastery
Of your hands and your feet,
Of your words and your thought